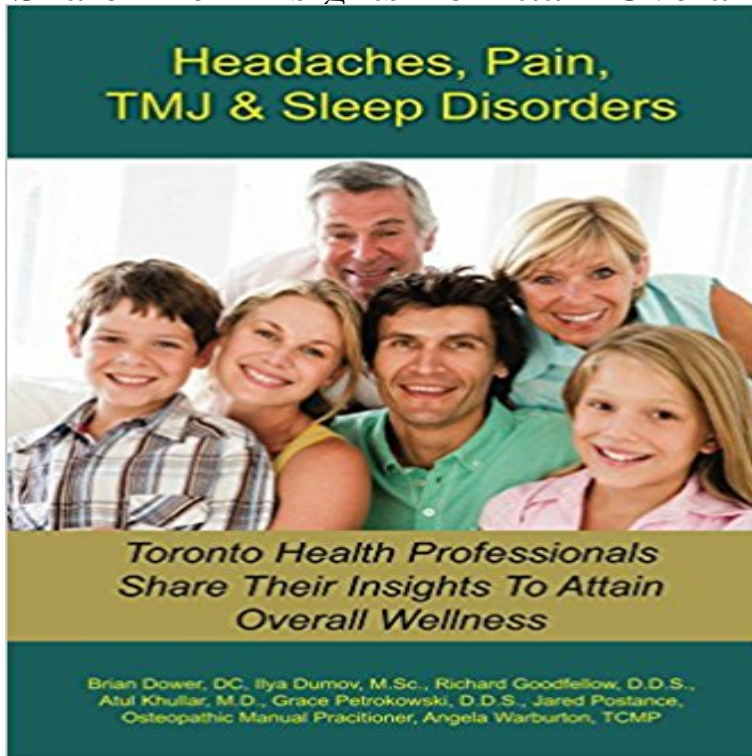


# Headaches, Pain, TMJ & Sleep Disorders: Toronto Health Professionals Share Their Insights To Attain Overall Wellness



Health conditions such as headaches, pain, TMJ and sleep disorders are often treated best with a multi-disciplinary approach involving different types of health care practitioners. In addition, it is important to know that patients with one of these conditions often have at least one additional condition. Chronic pain: no one health professional can do it all. You need a team approach. The reason you are reading this book is that you are either a health professional or a person in chronic pain (or both). To help all of us understand what is around us, here are some quick stats. **YOU NEED TO KNOW:** Quick Statistics: Percentage of Adults Who Had Migraines or Severe Headaches, Pain in the Neck, Lower Back, or Face/Jaw,\* by Sex --- National Health Interview Survey, 2009 December 3, 2010 / 59(47);1557 Females were more likely than males to have experienced a migraine or severe headache (21.8% versus 10.0%), pain in the neck (17.5% versus 12.6%), pain in the lower back (30.2% versus 26.0%), and pain in the face or jaw (6.6% versus 3.3%). For both sexes, pain in the lower back was the most common of these four types of pain, and pain in the face or jaw was the least common. Source: Pleis JR, Ward BW, Lucas JW. Summary health statistics for U.S. adults: National Health Interview Survey, 2009 (provisional report). Vital Health Stat 2010;10(249). Available at [http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_249.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_249.pdf) Some more facts about the prevalence of pain: Prevalence and Burden of Migraine in the United States: Data from the American Migraine Study II- R.B Lipton MD, W.F Stewart MPH PhD, S. Diamond MD, M.L Diamond MD and M. Reed PhD, reported in Headache 2001;41:646-657. This study, involving 29,727 age-eligible individuals, found that: the prevalence of migraine was 18.2% among females and 6.5% among males, i.e. prevalent in over 10% of the population

approximately 23% of households contained at least one member suffering from migraine. Migraine prevalence was inversely related to household income. Prevalence increased from 12 years to about 40 years and declined thereafter in both sexes. 53% of respondents reported their headaches caused substantial impairment in activities or required bed rest, approximately 31% having had to miss at least one day of work or school in the previous three months, 51% reporting that work or school productivity was reduced by at least 50%. The Burden of Pain on Every Day Life. A recent market research report indicates that more than 1.5 billion people worldwide suffer from chronic pain and that approximately 3-4.5% of the global population suffers from neuropathic pain, with incidence rate increasing in complementary to age. (1)

The total annual incremental cost of health care due to pain ranges from \$560 billion to \$635 billion (in 2010 dollars) in the United States, which combines the medical costs of pain care and the economic costs related to disability days and lost wages and productivity. (2) More than half of all hospitalized patients experienced pain in the last days of their lives and although therapies are present to alleviate most pain for those dying of cancer, research shows that 50-75% of patients die in moderate to severe pain. (7) 1) Global Industry Analysts, Inc. Report, January 10, 2011. <http://www.prweb.com/pdfdownload/8052240.pdf>. 2) Institute of Medicine Report from the Committee on Advancing Pain Research, Care, and Education: Relieving Pain in America, A Blueprint for Transforming Prevention, Care, Education and Research. The National Academies Press, 2011. [http://books.nap.edu/openbook.php?record\\_id=13172&page=1](http://books.nap.edu/openbook.php?record_id=13172&page=1). 7) Source: A Controlled Trial to Improve Care for Seriously Ill Hospitalized Patients. <http://jama.ama-assn.org/cgi/content/abstract/274/20/1591>

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